



Family Readiness Program Newsletter

1301 N. MacArthur Blvd., Springfield, IL 62702 - Phone: 217-761-3622 or 800-832-9225

MARCH 2006

www.il.ngb.army.mil/familyreadiness

Volume 2 Number 2

FAC Representatives

Springfield

Anita Yakle
1301 N. MacArthur
Springfield, IL 62702
Wk. 217-761-3335
Cell 217-622-0138

Decatur

Kelly Rund
5550 Ocean Trail
Decatur, IL 62521
Wk. 217-761-3132
Cell 217-622-0146

Peoria

Fred Lane
2323 S. Airport Rd.
Peoria, IL 61607
Wk. 309-697-7922
Cell 217-622-0140

Marion

Dana Libby
11427 Minuteman Rd.
Marion, IL 62959
Wk 618-998-4012
Cell 217-622-0141

Chicago

Kathy Kozak
1910 S. Calumet Ave.
Chicago, IL 60616
Wk. 708-824-5941
Cell 217-622-0144

Machesney Park

Sue Warneke
10451 N. Second St.
Machesney Park, IL
61115
Wk. 815-636-4729
Cell 217-622-0142

Crestwood

Anna La Mar
13838 S. Springfield
Crestwood, IL 61455
Wk. 708-824-6301
Cell 217-622-0147

Youth Director

Anne Kessler
22979 N. Bowman
Danville, IL 61834
Wk. 217-442-1603
Cell 217-622-0143

From the Editor:

For those of you who don't get the State Journal-Register, there was an article in the Sunday edition of January 29, 2006 regarding the word "Hooah". Below is an excerpt from that article. The remainder of the article can be found at <http://www.sjr.com/static/77401.asp>

What's all the 'hooah' about? It's hard to say...

By Nick Wadhams

THE ASSOCIATED PRESS

BAGHDAD, Iraq—In the U.S. Army, which has so many acronyms, expressions and opaque phrases that it seems to deserve its own language, there is one word that is quite possibly uttered more than any other. That word is "hooah". Pronounced HOO-ah. Alternatively spelled hua and huah...Just don't try to define it. And definitely don't try to figure out where it comes from.

"I believe it came from hurrah. It basically means everything from 'yes' and 'yes, sir,' to 'that's great,'" said Capt. James Lowe, public affairs officer for the 506th Regimental Combat Team. "You could use it as a generalized cheer. It's one of those multi-purpose phrases—when in doubt, say 'hooah.'" That doesn't even begin to cover it.

They shout hooah to get motivated, and they whisper it when they concur with something someone just said. Hooah means you understood something, or is the proper reply when someone says "thank you." On the other hand, it may also be used to thank someone...

Yet the use of hooah by the uninitiated generally is frowned on. Carter recounted that a drill sergeant barred him and his fellow recruits from saying hooah until they had finished the basic course and earned the right.

And civilians uttering hooah are generally looked upon with either disdain or the astonishment of a person who has just heard a koala bear recite lines from e.e. cummings.

As with any good word, the origins of hooah are highly disputed. Some claim it derives from the military acronym HUA—Heard, Understood, Acknowledged.

Another tale: When Army Rangers landed at Omaha Beach on D-Day in 1944, a sergeant ordered them to scale the cliffs looming above them and neutralize the German pillboxes perched on top. One soldier, aghast at the idea, responded, "Who, us?" Soldiers ended up following the order, in what became one of the most celebrated acts of World War II.

Then there's the theory that hooah comes from hurrah and hooray, themselves believed to be bastardizations of the sailor's cry "huzzah," which dates back to the 16th century...

Janetta Clemons

Family Assistance Center Liaison

Janetta.clemons@us.army.mil

P.S. Don't forget to send in your award nominations to me at the above addresses. The criteria and application forms can be found at our website under Illinois State Awards.

Air Wing Coordinators

Anne Nowak
Scott Air Force Base
126th Air Refueling
Wing
Belleville, IL
Wk. 618-222-5761
Fax 618-222-6506

Perry Jackson
183rd Fighter Wing
3101 J. David Jones
Pkwy.
Springfield, IL 62707
Wk 217-757-1569

Amy Quimby
182nd Airlift Wing
2416 S. Falcon Blvd.
Peoria, IL 61607
Wk 309-633-5339
Fax 309-633-5115

Coordinator's Corner

We recently completed a very successful Regional FRG Workshop at Rend Lake, near Mt. Vernon, IL. This was a great opportunity for FRG Leaders, Treasurers, and other key volunteers, as well as some unit Commanders and staff, to learn more about resources available for FRGs and how to actually manage their group. Friday night started off with an ice-breaker by Ann Harkness-Morey, our representative from Guard Family Team Building. She did a few exercises to help everyone get to know one another, and also gave a presentation on the GFTB Program.

Saturday started off with more presentations, focusing on community resources available for FRGs and individual military families, and how to make that information available for our families. We also had some lively discussion on community resources and involvement. After lunch, we broke into groups based on position (FRG Leaders, FRG Treasurers, etc) and let our Family Assistance Center representatives lead discussions on how to run a more effective FRG. During the afternoon we had a number of presentations on topics of interest to FRG volunteers, such as Fundraising, Youth Programs, Casualty Notification, and services offered by our Chaplains.

Overall, it was a lot of fun, and based on our feedback from the attendees, we will continue to hold them across the state. We hope to host two more this summer, one in the Chicago/Northern Illinois area and one in Central Illinois. We will put out information on locations and dates as it becomes available.

In the meantime, make sure you register for our State Family Readiness Conference, coming up 21-23 April right here in Springfield, IL! The event is being hosted at the Crowne Plaza, and registration forms are available at our website: www.il.ngb.army.mil, click on Family Readiness and look for the Conference link. We expect to have some dynamic speakers, including Butch Lockley from Survivor: Amazon, and some great classes. See you there!

Major Joseph Schweickert
Joseph.schweickert@us.army.mil

Chaplain's Comments

Not As Expected

Mobilization came and your soldier departed. Now you have a little time to review the emotional whirlwind. You realize that some people you expected did not come to the ceremony and to your dismay they have ceased all contact. Many of us are frightened of our emotions. We are frightened of what may be asked of us. Will we lose control? In stead of facing what lies before us we avoid that which we feel may stir our emotions beyond our ability to manage.

It will be very easy for you to become resentful and angry at those who separate themselves from you during deployment including your soldier. Webster states resentment is the "harboring of animosity against a person or group of people whom you feel have mistreated you. It is the unresolved anger you may have over a negative event which occurred in your past." Resentment becomes a consuming fire. What does it consume? It consumes you and your relationships. You may respond, "I have the right to be angry and resentful." I would agree you may have that right, but which do you want more relationship or anger?

I would venture to guess that the resentment and the anger you have masquerade the hurt, the pain and the abandonment you felt by the event. Would it be nice to be rid of the hurt and the pain? Your shoulders would feel ten times lighter.

So how do you begin the healing?

1. Acknowledge you have an issue. Anger is often a byproduct or a secondary response to a deeper issue such as being hurt. Recognize the real issue.
2. Let it go. Some say that we must forgive and forget. I agree we must forgive. I have seen forgiveness happen in an instance and I have seen it happen through a process. If you want to heal you must forgive. I do not believe we will ever forget what has hurt us but I do believe the emotional intensity can be removed to the point we do not hold the offense against those we love. We do not want to keep throwing the offense back into the face of the ones we love. We have to let it go.
3. I have difficulty in healing. I need assistance. I search scripture. I pray, I seek out Godly advice and I seek God. We to often have been taught that we can do

it all ourselves. We were not built to live in a vacuum. Seek out assistance. Seek your chaplain, your family assistance center, seek armyonesource.org.
If you want healing the ability is out there. Life is not always turning out the way we expect or to our liking. You do not have to go through it alone.

Chaplain Foster

From the Field:

Springfield Family Assistance Center

Hello from Camp Lincoln. It has been hectic as usual here in the Soldier Support Center. I've enjoyed the opportunity to meet so many Soldiers face to face that have come in to take advantage of the one stop shop service we provide in the Support center, or just to take a look around and have a cup of coffee. Please feel free to come in and check us out. We are really coming along.

We are getting excited and ready to Welcome Home more returning Hero's. I would like to take this opportunity to say in advance to Charlie Company 2/130 Infantry, Job Well Done Gentlemen, and Welcome Home.

I had the opportunity to attend and train at the Southern Region Training held at Rend Lake Resort and want to say Thank You to all the eager participants. I thoroughly enjoyed getting to meet and network with you all, and enjoyed all the questions as well as ideas you all brought to the training. I can't wait for our Northern Region Training to share the excitement that is truly alive and well for the Family Program and Family Readiness.

I hope to see many of you at the Strong Bonds Retreat the weekend of 17 & 18 March. I am excited to be able to attend this with my husband. Remember folks, this is NOT group therapy, or Marriage Counseling. This is simply a workshop on how to communicate with your spouse. Even the best of Marriages can always use help in this area. After all we all know that men & women speak two different languages, what they say and what they mean! I can use all the help I can get in learning to translate! I know with Chaplain Krumrei teaching this it is sure to be fun as well as enlightening. Please, take time to attend this training. If we don't start getting some of our leadership as well as the rest of our Soldiers to attend I am truly afraid NGB will no longer make the funding available to us. I personally get numerous calls regarding marital issues following a deployment. Please, take the time to do this for your Marriage. It really is worth a few hours to help strengthen the bond between you and your best friend.

I would like to wish every one a Happy St. Patrick's Day and Happy Easter. Until next time,

Anita Yakle

Anita.j.yakle@us.army.mil

Chicago – Donnelly

The beginning of February saw the end of the 33rd Area Support Group. February 4th was the deactivation ceremony for this group. The 108th Sustainment Brigade was activated in its place. This new Brigade operates at the Northwest Armory on Kedzie Ave.

February 11 found MAJ Schweickert and me at the "Hearts of Valor Ball" sponsored by "The Heart of a Marine Foundation." This is a wonderful non-profit organization that exists to provide comfort, support, financial assistance and educational resources to improve the quality of life of military personnel in all branches of the United States Armed Forces, including veterans and their families. This ball was the only fundraiser for the group this year and they did very well thanks to the many generous people that attended. In fact, the organization was able to realize one of its goals in just one silent auction transaction. Lunch with Eileen Byrne (WLS Radio morning talk show host) and four friends at a Chicago steakhouse ended up going for a whopping \$7,500!! With this donation alone the Heart of a Marine Foundation was able to completely furnish 2 single patient rooms at the Edward Hines Jr. VA Hospital. One room will be in the Spinal Cord Unit and one in the Blind Center. This is in addition to the 10 wheelchairs the organization has already purchased for Hines. The Heart of a Marine Foundation was founded by Georgette & Roy Frank in honor and in memory of their son; Phil. Phil was a young Marine that paid the ultimate price in this war on terror. If you would like to learn more about this great group, you can view their website at: www.heartofamarine.com.

And speaking of the Edward Hines Jr. VA Hospital, I made my first visit there recently. Was it ever an eye opening experience! The hospital is located 12 miles west of downtown Chicago on a large 147 acre campus. (Entrance is on Roosevelt Rd. and 5th Ave. in Hines, IL. This is directly north of the North Riverside armory.) Hines offers primary, extended and specialty care. Specialized clinical programs in areas such as Blind Rehabilitation, Spinal Cord Injury, Cardiovascular Surgery and Residential Care are examples of additional services provided at Hines. I had the opportunity to tour both the Spinal Cord Injury Center and the Blind Center. Both areas are incredible.

The Central Blind Rehabilitation Center just opened their new multimillion dollar, state of the art facility on May 20, 2005. They provide services to any legally blind veteran and serve 13 states in our surrounding area. The first floor of the new building houses all of the veterans. Each of the 34 veteran rooms contains a private bath. Meals are served in

a large dining room which is also used for social events in the evenings. The veterans have use of a fully equipped kitchen adjacent to the dining room. They also have access to exercise and independent study rooms. There is also a large nursing station on the first floor allowing veterans access to 24 hour nursing care.

One other important amenity of the Blind Center is also found on the ground floor, the Independent Living Program (ILP) apartments. The ILP program is designed to give the veteran who lives alone the opportunity to shop for food, prepare meals and perform daily housekeeping chores while implementing the skills learned at the center.

Much of the training is done on the second floor of the building. Here they work on learning the many skills the center provides training on. Orientation and Mobility concentrates on teaching techniques for independent travel. Concentration is placed on teaching the veterans to safely cross streets at controlled intersections. Other travel situations may include navigating inside restaurants and stores, use of public transportation, and any other specific need the veteran may have. The Living Skills area addresses the tasks necessary to manage a person's everyday activities in order for them to remain independent. These skills include: personal grooming, food preparation, eating skills, household management, labeling techniques and others. The Manual Skills area training focuses on organization, tactual awareness, spatial awareness, memory sequencing, problem solving and confidence building. Activities range from basic tasks using hand tools to advanced tasks using power tools and woodworking machinery. The Center also works with the veterans on computer usage and personalizes computers to each person's preference. We are really lucky to be so close to this great VA hospital.

The C205th FRG is planning a "Potluck Dinner." It will be held at the armory on Sunday, March 26, from 3p – 6p. All families of C205th Med. and 708th Med. are invited to attend. Please RSVP to FRG leader Barb Richey by Mar. 19th with the number of family members attending and what dish(es) you will be bringing. Their next meeting is scheduled for Sunday, April 2, 2pm at the North Riverside armory.

The FRG for B CO / 106 AV will be meeting at the armory at Midway Airport on Sunday, March 12 at 1pm. Counselors will be available to discuss Post Traumatic Stress Disorder and other issues with the families (and children.)

And remember that the Chicago Sun Times will be celebrating "Yellow Ribbon Week" from March 12 – 18 to show appreciation for American Soldiers and send a message that they have not been forgotten. The paper is asking readers to write them about loved ones who are away at war. You can email them at: yellowribbon@suntimes.com. Tell them about YOUR soldier!!

Until next time....

Kathy Kozak

Kathy.kozak@us.army.mil

From the Crestwood Armory:

These are the pictures from Hotel Battery 2/202 ADA, Homecoming/Freedom Salute Ceremony, conducted on 5 March 2005. Photos are the compliments of the USO. The event was excellent. It was



welld planned and received by all. I would like to take this time to congratulate the leadership of this unit which is now Co G 634th. They did an outstanding job in coordinating this event. Nothing was left undone. They adjusted when it came necessary without a flinch. The 108th Sustainment Battalion, pitched in and provided assistance, making this event even more



successful. **Job well done to all.**

We are nearing the time frame where Co A 133rd Signal will be coming home. Plans are in the final stage for the family Reunion Brief which will be conducted on 2Apr06, at Crestwood Armory. Plans are also in the making for Homecoming Celebration and also for the Welcome Home/Freedom Salute Ceremony. You can never start too soon.

The Family Readiness Group was here on 4Mar06, making banners, and flyers, and posters for their soldier's return. Everything is going well and coming together. It will be a joyous occasion.

Anna La Mar

Anna.lamar@us.army.mil

182d Airlift Wing, Peoria

March is the start of a busy time for the 182 AW. A majority of our Airmen are home; we still have a few Airmen deployed. In the meantime, we will enjoy having a majority of our family at home station and attend to their needs. Contemporary Art Center, Peoria approached the 182d Airlift Wing wanting to provide an Open Mic time for children of military members to voice their feelings on deployment. They are inviting all Military members and their families whether they have been deployed or not. This will allow children to meet other children who have similar feelings and for military parents to hear how their children feel.



We all believe we know how the children feel, but do we really?? This will give all of us an opportunity to listen and see if we understand the children's feelings.

The Contemporary Art Center is encouraging parents to come whether or not their child will be there, and also, servicemembers who have not deployed yet. This would give you an opportunity to listen and be able to talk to your child to see if they felt like the other children or in sight into what your child may feel if you deploy.

The Contemporary Art Center is located at 305 SW Water, Peoria, IL and has scheduled the open mic for Sunday, April 30, 2006 from 2:30 – 4:00 pm. If you are interested in attending and have questions, please contact me below:

Amy Quimby

amy.quimby@ilpeor.ang.af.mil.

From Our Youth Coordinator:

Are you a youth between the age of 13-18?

Do you like helping other youth?

Have you experienced a deployment or about to?

Can you attend a training session for one weekend and help out two weekends a month at Military Clubs in your neighborhood?

If you can, we are looking for you. Illinois National Guard Child Youth Services is looking for Regional Youth representatives and FRG youth representatives. Regional representatives will sit on Illinois TEEN Panel and represent the youth of Illinois National Guard. FRG representatives will represent their FRG and be the voice of that FRG Youth.

Do you like to have fun and support your soldier, meet other youth who are experiencing the same thing as you? Do you like to be a leader? Then contact Anne Kessler, Child Youth Services Coordinator for more information and for vacancies in your area. Email Anne.kessler1@us.army.mil or call 217-622-0143.

Lewis & Clark Youth Rendezvous National Guard 2006 Youth Rendezvous Essay Contest

Write an essay about Lewis and Clark and their famous expedition of discovery and win a FREE trip to North Dakota. You will be able to walk the trail in their footsteps to experience the same American Indian culture and see the same landscapes they did over 200 years ago.

The contest is open to Juniors and Seniors 2006-2007 school year. Essay submissions are accepted from November 12 2005 through February 28th 2006. For more information and to submit your entry online, visit www.lcyouthrendezvous.com and look for a poster coming to your local armory.

Anne Kessler

Child/Youth Coordinator

Anne.kessler1@us.army.mil